

Hello! It's your ALT again. Today we will watch a video about a girl named Zoe. Zoe is a 16 year old living in New York. She and other students in the United States are staying home to stay safe from COVID-19. Watch how she spends her day and answer the questions.

#### Questions

1. What color does Zoe like?
2. What does she eat for breakfast?
3. When does she have her AP World class?
4. How does she exercise when the weather is cold or rainy?

#### \*Video Link:\*

<https://youtu.be/e9DreF5ddM8>

#### \*Zoe's Home Diary Video Transcript:\*

(0:00-0:07)

Here's a video of my room.  
It's kind of small, but it's very pink.  
As you can see, I like the color pink.

(0:12-0:33)

It is currently 10:22 AM.  
And this is my breakfast.  
So here I have grilled cheese which my mother made for me, some bacon which I made for myself, and some soup which my mother also made for me.  
And what I like to do is I like to take the grilled cheese and I dip it in here  
and then it tastes like pizza!

(0:34-0:54)

Now I'm downloading Zoom to meet my Earth Science class at 11AM which is in half an hour.  
I use this notebook to try to keep track.  
I've written out like "AP World" on Monday and Thursday, check-in at 10AM.  
So I go on Google Classroom and I press on the link.

(0:55-1:23)

Another thing I did during quarantine was clean my room.

I'm not allowed to have friends over because of the risk it poses to me and my family.

I've been going on walks and runs a lot to stay active.

Because if I'm cooped up inside I won't be able to go to sleep that night because I've just

been inside all day and I have so much pent up energy.

I'm probably going to take a walk or run with one of my friends.

(1:24-1:35)

So here's me and Francesca.

We're on a walk. This is our six foot (2 meters) radius, social distancing.

Here's some people coming up.

We're going to make sure to go all the way around them.

(1:37-2:01)

When it's cold or rainy out, I like to go on my trampoline and do flips to get all my energy out!

Here's me, getting all my exercise in!

So I just finished some nice flips on the trampoline.

And as you can see, I'm pretty winded.

(2:02-2:13)

Stay safe.

Wash your hands.

Go outside.

Maintain social distancing.

Tell your family you love them.

And let's beat this together!